

# IWI Commander's Call Talking Points Overview



MENTALLY STRONG.  
PHYSICALLY FIT.  
MISSION READY.

Airmen readiness is a vital component to each mission and as leaders, you have the responsibility to ensure each Airman is resilient—physically, mentally, emotionally, and spiritually fit. Monthly, the Invisible Wounds Initiative (IWI) releases Commander's Call Talking Points (CCTPs) to provide Air Force leaders with a variety of information, tools, and resources to better support Airmen with invisible wounds and their family members. Resources include helping leaders to recognize an Airman in need, learning the signs and symptoms of an invisible wound and being knowledgeable of the available resources to support all Airmen through the recovery process. For more information about IWI, visit [www.readyairmen.com](http://www.readyairmen.com) or <https://www.woundedwarrior.af.mil/Airmen-Veterans/Invisible-Wounds-Initiative>.

## Supporting Your Airmen

Knowledge is power and is pivotal to recognizing when an Airman needs support. Monthly, you are encouraged to leverage the IWI CCTPs in your leadership meetings and day-to-day interactions, cultivating a welcoming and trusting environment for all Airmen and their family members. Below are featured CCTPs topics.

### Airman Readiness and Mental Health Fitness

The challenges that Airmen face today are rapidly evolving and its vital Airman readiness is a key component to each mission. As a leader, you have the responsibility to ensure your Airmen are resilient, including Airmen that have or are experiencing invisible wounds. In this [CCTP](#), discover tips and resources to provide a positive and supportive environment.

### Airman Resilience and Recovery

Invisible wounds can affect anyone, including your Airman. Nearly one in four active duty service members show signs of a mental health condition. As leaders, it's your obligation to guide your Airmen and their family members, living with invisible wounds to seek treatment and to champion them through the recovery process. In this [CCTP](#), learn to talk openly about invisible wounds and tools to enhance an Airman's recovery such as focusing on sleep hygiene, pain management, and mood maintenance.

### Mental Health Awareness Month

Are you aware one in five adults in the U.S. experience a mental health condition? May is observed as Mental Health Awareness Month, a critical time to raise awareness and educate your Airmen and their family members about invisible wounds and mental health. In this [CCTP](#), help your Airmen achieve optimal mental health and readiness through problem-solving skills, stress and mindfulness resources.

## What is an invisible wound?

Invisible wounds are post-traumatic stress disorder (PTSD), traumatic brain injury (TBI), or other cognitive, emotional, or behavioral conditions associated with trauma experienced by an individual. These can be incurred through combat or non-combat-related activities.

## Learn More About Invisible Wounds

For topics you want to learn more about email [contact@readyairmen.com](mailto:contact@readyairmen.com).

### National Suicide Prevention Month

September is National Suicide Prevention Month, bringing awareness to suicide prevention. By the end of July 2019, the number of Air Force suicides was drastically higher than at the same time last year. At the current rate, the total number of suicides could be the highest in the Air Force's history. In this [CCTP](#), gain insights on the signs and symptoms of an invisible wound and available resources to support your Airmen during a time of need or crisis.

### Post-Traumatic Stress Disorder Awareness Month

September is Post-Traumatic Stress Disorder Awareness month. Invisible wounds such as post-traumatic stress disorder (PTSD) can have a profound impact on our Airmen and their family members. After experiencing trauma, about 10% of men and 20% of women develop PTSD, however PTSD is treatable and there are many resources available to support your Airman's recovery. In this [CCTP](#), learn about evidence-based treatment for PTSD and helpful tips and resources to support your Airmen and their families.

### Sexual Assault Awareness and Prevention Month

April is Sexual Assault Awareness and Prevention Month and it is important to raise awareness of sexual violence and how to prevent it. Over the past few years, the Air Force has experienced an increase in sexual assault reporting. In this [CCTP](#), learn how leaders play a pivotal role in sexual assault prevention.

